

The book was found

Aarti Paarti: An American Kitchen With An Indian Soul



Synopsis

A beautifully-written cookbook weaving Indian and Middle Eastern recipes from her childhood with American dishes she has grown to love--from the Food Network personality. AARTI PAARTI: An American Kitchen with an Indian Soul A collection of memories and 101 recipes from the popular blogger(www.aartipaarti.com) and Food Network personality. The recipes will make cooking with traditional Indian flavors and spices approachable for the US market. Aarti's stories will dissolve the "foreign-ness" of Indian flavors and make seemingly complicated technique and flavor accessible. She will take the intimidation factor out of cooking Indian food by simplifying traditional recipes, offering many specific how-to's, and also tips on using traditionally Indian spices in new ways, in everyday dishes. And there is a streak of Middle Eastern in some of these recipes given her youth in Dubai. Recipes include: Cornflake & Kaya French Toast, Real Deal Hummus, Masala Kale Chips, Mum's Everyday Dal, Sambar (Vegetable & Lentil Stew), Pregnancy Potatoes (Crispy masala potato wedges), Indian Street Corn, Saag Paneer, Quinoa Tabbouleh, Chickpea & Artichoke Masala, Tandoori Chicken, Bombay Sloppy Joes, Spicy Sticky Lamb Chops, Mango Pulled Pork Sandwiches, Masala Shrimp & Grits, Homemade "Magic Shell" with Garam Masala & Sea Salt, Strawberry-Rose Petal Shortcakes. Finally, the narratives that open each chapter are wonderfully evocative, telling the story of a woman who was an outsider experiencing many cultures and cuisines: an Indian in Dubai, going to a British school; an international student attending Northwestern University to become an American journalist; and a wife of a Los Angeles man who leaves her job at CNN and becomes a Food Network Star. She finds that food always saves her and encourages us all to find the warmth in cooking.

Book Information

Hardcover: 304 pages

Publisher: Grand Central Life & Style; Gift edition (September 23, 2014)

Language: English

ISBN-10: 1455545414

ISBN-13: 978-1455545414

Product Dimensions: 7.9 x 1 x 8 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (88 customer reviews)

Best Sellers Rank: #24,985 in Books (See Top 100 in Books) #9 in Books > Cookbooks, Food & Wine > Asian Cooking > Indian #12 in Books > Cookbooks, Food & Wine > Regional &

Customer Reviews

I couldn't wait to get my copy of Aarti's new cookbook and once I opened it, I couldn't put it down. On my first breeze through her cookbook, I gloried in the gorgeous photos of Aarti and her food -- drooling as I went. On my second time through, I read some of her stories and put post-it-notes on the recipes I planned to try. By the end of my second run through, my book had a forest of little strips sticking out of the top and I was ready to try something new. I love Indian food, but have been too intimidated to make it myself. The exotic spices, the different cooking techniques, the will-it-taste-as-good-as-I-hoped anxiety were enough to stop me cold. But Aarti's clear explanations of spices and techniques gave me the confidence to experiment and, since some friends were coming over, I decided to start with her Real-Deal Hummus. Oh, my. It did not disappoint and earned rave reviews. We all agreed Real-Deal Hummus was the best hummus we've ever eaten. So my anxiety about will-it-taste-as-good-as-I-hoped was put to rest, as well. I appreciated Aarti's simplified instructions and the extra tips she included, as well as, her explanation of how to serve it like they do back home. After my guests left, I sat down for a third, more leisurely read, lingering over the stories she tells about her life and love of family and cooking. It felt like Aarti was right next to me telling me about the time when she was a toddler and reached past her mom to grab a handful of onions that she immediately devoured. And now I'll know that, when I make her Chapatis, I won't just be making something delicious for my granddaughter, but I'll be passing along a recipe Aarti's Mumma made for her.

For some reason has stated that this review for the kindle, It is not for the kindle, it is for the actual book. Wow! What a book! I confess I am a "cookbook junkie". I have over 200 cookbooks, and Aarti Paarti is without doubt in the top five on my shelves. Two of the five are "The Joy of Cooking" and "Mastering the art of French Cooking", by Julia Childs. So Aarti's book is in good company. From the first page I knew this book was going to be different for the usual cookbooks. The photographs are truly beautiful, I am always willing to pay more for a cookbook with good photography in it. Aarti put not only all of herself in this book, but her family as well. Her love of family, friends, and God shined through on every page. I loved the stories! Aarti's description of Indian food, spices, traditions, made me dream that I was with Aarti in India! She puts you at ease from the beginning of the book and conquers your fears about cooking Indian food. I thought, well maybe I can do this.... The Bombay Sloppy Joes were fantastic! I admit I was a bit intimidated by some of the unheard of spices. I

thought, what the heck and dove right into this fabulous recipe. I didn't get the 5 stars from my friends that I cooked this for, I got 6 stars! (is there really such a thing as 6 stars?) I was informed after dinner that anytime I am cooking Indian food they must be the "guinea pigs, official taste testers, etc. ending with, "we are doing it for you" (me). Hummm.....The next adventure was Chicken Tikka Masala. This was so easy, it really was. For those of you that are a bit intimidated, don't be. Just dive in and relish the delicious marinated meat, spices so delicate, aromatic, and delicious. Yum, this is that good.

[Download to continue reading...](#)

Aarti Paarti: An American Kitchen with an Indian Soul Indian Cooking: for Beginners - Indian Recipes Cookbook 101 - Indian Cuisine - Indian Culinary Traditions (Indian Food Recipes - Indian Food Cookbook for Beginners) American Indians and the Law: The Penguin Library of American Indian History (Penguin's Library of American Indian History) The Book of Indian Crafts and Indian Lore: The Perfect Guide to Creating Your Own Indian-Style Artifacts American Indian Jewelry I: 1200 Artist Biographies (American Indian Art Series) Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love, Spiritual Partner) Southwestern Indian Baskets: Their History and Their Makers (Studies in American Indian Art) Corn Is Our Blood: Culture and Ethnic Identity in a Contemporary Aztec Indian Village (The Civilization of American Indian Series, Vol 206) The Dawes Act and the Allotment of Indian Lands (The Civilization of the American Indian Series) Kill the Indian, Save the Man: The Genocidal Impact of American Indian Residential Schools The Soul of the Indian (Native American) Native America: A Concise Guide To Native American History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec) American Indian Law, Cases and Commentary, 2d (American Casebook) (American Casebook Series) Indian Takeout Cookbook: Favorite Indian Food Takeout Recipes to Make at Home Entice With Spice: Easy Indian Recipes for Busy People [Indian Cookbook, 95 Recipes] Indian Home Cooking: A Fresh Introduction to Indian Food, with More Than 150 Recipes Indian Cooking Unfolded: A Master Class in Indian Cooking, with 100 Easy Recipes Using 10 Ingredients or Less Easy Indian Cookbook: The Step-by-Step Guide to Deliciously Easy Indian Food at Home California Indian Baskets: San Diego to Santa Barbara and Beyond to the San Joaquin Valley, Mountains and Deserts (Indian Baskets of California and Oregon, Vol. II) A Rasa Reader: Classical Indian Aesthetics (Historical Sourcebooks in Classical Indian Thought)

[Dmca](#)